



COOL DRINKS



PINEAPPLE WATER

Peel and slice a pineapple, put into bowl and mash or bruise with heavy masher. Allow to stand two hours so all the juice may be secured. When ready to use strain into pitcher (use fine sieve), add the juice of one lemon. Make a heavy syrup, using one pound of sugar and one pint of water. Boil for twenty minutes. Add to juice and set aside to become perfectly cold. When ready to serve add one and one-half pints of any spring or charged water. Turn into high glasses, with ice the size of an egg. This will serve eight people.

ORANGEADE

Boil one-quarter of a pound of loaf sugar with half a pint of water (do not stir). When dissolved add the thin yellow rind of two small oranges and allow to stand two hours.

Strain the juice of four oranges and one lemon into a pitcher. Remove the rind from the syrup. Add to one and one-half pints of water or one pint of water and one pint of chipped ice. Stir all together and serve in lemonade glasses. Many people who cannot drink lemonade can drink this.

KOUMISS

Take six cups of milk and three tablespoons of granulated sugar. Add one compressed yeast cake, or one-half a cake of yeast foam. Set in warm place for a few hours or until bubbles rise all over the top. Stir well for three minutes. Bottle and tie down the corks. Keep cold on ice in refrigerator for at least four days. When opened it must be used at once as it soon spoils on exposure to the air.

ICED COFFEE ORIENTAL

Materials: Four fresh eggs, three-fourths cup of sugar, four cups strong, black coffee, one cup of cream, one piece of stick of cinnamon four inches long broken and put into hot coffee.

Way to prepare: Beat egg yolks until thick and add sugar and coffee. Chill and set on ice until ready to serve. Beat whites of the eggs to stiff froth and fold into them three tablespoons of sugar and a few drops of vanilla. When ready to serve pour coffee mixture over the egg whites and beat until well mixed. Pour into pitcher and serve in tall tumblers with long-handled spoon.

MILK SHAKE

Is an especially nourishing drink.

Take one teaspoon of powdered sugar and one egg. Beat to a light, foamy froth. If you have a shaker put in a lump of ice the size of an egg. If no shaker, a pint fruit jar will do as well. Add one tumbler of rich milk with a pinch of salt and any desired flavoring. Shake steadily until it looks like light cream. Turn into glasses and serve with straws. A little nutmeg or cinnamon grated over the top gives it an appetizing look.

STRAWBERRY PUNCH

Mash two quarts of strawberries to a pulp. Pour over them three quarts of water and the juice of two lemons. Stand in cool place for four hours. Strain and stir into the liquid one and one-half pounds of loaf sugar. Stir until sugar is dissolved. Strain again. Set in cold place. Serve in tumbler with crushed ice.